

Individual Best Times (All Time)

Kizzie-May Adlam - (1139743) - Haden Hill SC

Long Course

Stroke	LC Time	Converted to SC	LC WA Pts	Date	Meet	Venue	Licence	Level
50 Freestyle	31.65	31.00	415	15/04/17	UEA City of Norwich Easter LC Meet	Norwich	ER170310	1
100 Freestyle	1:10.68	1:09.50	391	26/05/18	Plymouth Leander Level 1 National Qualifier	Plymouth	SW180556	1
200 Freestyle	2:33.46	2:31.20	397	07/01/18	UBSC New Year Level 1 Open Meet	Hengrove	SW180293	1
400 Freestyle	5:22.68	5:18.30	388	06/01/18	UBSC New Year Level 1 Open Meet	Hengrove	SW180293	1
50 Breaststroke	38.44	37.60	436	15/04/18	Exeter Taunton L1 & L3 April Meet	Millfield	SW180458	1
100 Breaststroke	1:24.97	1:23.50	429	14/04/18	Exeter Taunton L1 & L3 April Meet	Millfield	SW180458	1
200 Breaststroke	3:01.51	2:58.60	435	15/04/18	Exeter Taunton L1 & L3 April Meet	Millfield	SW180458	1
50 Butterfly	34.47	33.90	355	26/05/18	Plymouth Leander Level 1 National Qualifier	Plymouth	SW180556	1
100 Butterfly	1:35.64	1:34.80	195	13/03/16	City of Sheffield March Madness Meet	Sheffield	NE160333	3
200 Individual Medley	2:49.10	2:46.70	414	15/04/17	UEA City of Norwich Easter LC Meet	Norwich	ER170310	1
400 Individual Medley	5:59.27	5:54.30	405	27/05/18	Plymouth Leander Level 1 National Qualifier	Plymouth	SW180556	1

Short Course

Stroke	SC Time	Converted to LC	SC WA Pts	Date	Meet	Venue	License	Level
50 Freestyle	31.11	31.80	400	22/06/19	Nuneaton & Bedworth End of Season	Nuneaton	WM191242	3
100 Freestyle	1:07.40	1:08.60	414	22/06/19	Nuneaton & Bedworth End of Season	Nuneaton	WM191242	3
200 Freestyle	2:29.59	2:31.90	400	27/01/18	Worcester County Age Group Competitions	Wolverhampton	WM180034	2
400 Freestyle	5:12.54	5:17.00	405	20/10/18	Haden Hill Club Championships 2018	Haden Hill	WM182489	4
800 Freestyle	10:51.50	11:00.30	393	29/10/16	Haden Hill Club Championships 2016	Redditch	WM162047	4
1500 Freestyle	20:13.57	20:30.50	419	06/10/19	Haden Hill Club Championships 2019	Haden Hill	WM193165	4
50 Breaststroke	38.04	38.90	414	15/07/18	Wolverhampton Summer Open Meet	Wolverhampton	WM180843	3
100 Breaststroke	1:23.45	1:24.90	417	14/07/18	Wolverhampton Summer Open Meet	Wolverhampton	WM180843	3
200 Breaststroke	2:57.59	3:00.50	435	14/07/18	Wolverhampton Summer Open Meet	Wolverhampton	WM180843	3
50 Butterfly	34.19	34.70	362	15/07/18	Wolverhampton Summer Open Meet	Wolverhampton	WM180843	3
100 Butterfly	1:16.33	1:17.30	355	15/07/18	Wolverhampton Summer Open Meet	Wolverhampton	WM180843	3
200 Butterfly	3:01.48	3:03.20	286	19/10/19	Haden Hill Club Championships 2019	Haden Hill	WM193167	4
50 Backstroke	39.06	39.60	270	07/07/19	Haden Hill Club Championships Sprints	Haden Hill	WM192315	4
100 Backstroke	1:21.12	1:22.10	309	07/10/17	Haden Hill Club Championships 2017	Haden Hill	WM172536	4
200 Backstroke	2:50.95	2:52.90	336	15/07/17	Wolverhampton Summer Open Meet	Wolverhampton	WM170477	3
200 Individual Medley	2:43.52	2:45.90	413	15/07/18	Wolverhampton Summer Open Meet	Wolverhampton	WM180843	3
400 Individual Medley	5:45.99	5:51.00	419	28/01/18	Worcester County Age Group Competitions	Wolverhampton	WM180034	2
100 Individual Medley	1:17.01	1:17.00	395	14/07/18	Wolverhampton Summer Open Meet	Wolverhampton	WM180843	3